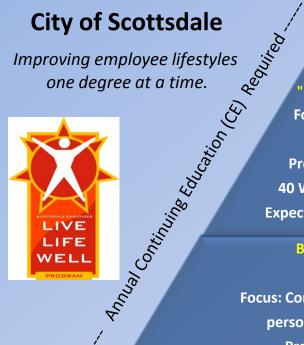
City of Scottsdale

Improving employee lifestyles one degree at a time.



Master's of Lifestyle Management "Life Long Commitment'

> **Focus: Adopt & practice** healthy behaviors.

Prerequisite: Wellness BS

40 Wellness credits required

Expected time to achieve: 1 year

Achieve degree receive \$300 Maintain degree (20 CE credits) receive one Wellness day off

Bachelor's of Wellness "Taking Action"

Focus: Consolidate concepts to create a personal healthy lifestyle plan. **Prerequisite: Wellness AA**

40 Wellness credits required Expected time to achieve: 1 year

Achieve degree receive \$150 Maintain degree (15 CE credits) receive 1/2 Wellness day off

Associates of Behavior Change "Change Preparation"

Focus: Learn & practice basic wellness concepts.

Prerequisite: Annual biometric & HRA participation

20 Wellness credits required

Expected time to achieve: 6 months

Annual Wellness Screening (biometric screening & health risk appraisal) Achieve degree receive \$50

Complete receive \$10 gift card